

## **What you need to know to prepare for your overnight Sleep Study**

- **PLEASE NOTE: There is NO nursing staff on site. If you will require assistance with transferring to/from the bed or any other special needs, please arrange for a caregiver to spend the night with you at the Sleep Center. Thank you.**
- Avoid naps and caffeine on the day of your appointment. If you are concerned about being able to sleep at the lab, it may help to wake up 2-4 hours earlier than your normal wake-up time to ensure you are sufficiently sleepy for your test. Also, check with your ordering physician if you may bring medication with you to help you fall asleep. Technologists cannot dispense medication.
- Bring comfortable sleep clothes for the night. Although the Sleep Center provides pillows and blankets for your comfort, you are encouraged to bring your own.
- Be sure to eat a full meal before coming to your appointment, avoiding greasy or spicy foods.
- Be sure to avoid excessive make-up and hair product. The technologist will need to clean all the locations where sensors will be placed. Wires will be attached to your scalp with a small amount of water soluble paste, which will be removed before you leave in the morning.
- For men, please shave your face before coming in. Goatees and beards are OK. The short stubble makes it difficult for the sensors to adhere properly and may require repeated applications which will disrupt your test.
- **Arrival time is 9:00pm**, however, please arrive 10-15 minutes before your appointment to allow time for parking.

We are located at **625 South Fair Oaks Avenue, Suite 325, Pasadena, CA 91105**. We are located in the **North Lobby** building of the Huntington Pavilion. Parking structure is right in front. **Please be aware that the cost of overnight parking is \$6**. We validate 50% and you will be given a \$3.00 voucher from the Sleep Technologist at the end of your test.

- The North Lobby entrance may be locked upon arrival. However, once you exit the parking lot, a hospital security guard will be greeting you and will then take you to the sleep center. You will then meet your technologist for the night and he/she will take you from there.
- At the Sleep Center, your technologist will help you get registered into our Admissions system. Please be sure to bring a photo ID and your insurance cards. Also, please remember to bring your doctor's order for the study, if you were given one. These items will be scanned into our computer system.
- Please give the technologist your completed Sleep & Medical History Questionnaire and your medications list, if you have them.
- You will be escorted to your room to complete your Pre-Sleep Questionnaires and prepare for bed. The technologist will explain the procedure and answer any questions you may have. The setup process to apply the sensors will take 20-30 minutes.
- You may bring reading materials, laptops or computer tablets with you. Please be aware that for testing purposes, all devices including cell phones must be turned off by 10:30PM. If this is earlier than your normal bedtime, please consider waking up extra early the morning of your study.
- The technologist will monitor your computer recordings. Each room is equipped with both audio intercom and video monitoring systems. If you need to use the restroom or have any other needs during the study, please call your technologist for assistance.
- In the morning, the technologist will remove all of the recording equipment and provide towels for you to wash up. You may want to bring morning supplies such as a toothbrush/toothpaste, deodorant, and a change of clothes. Please note that there are no showers available at the Sleep Health Center.
- After a quick morning questionnaire, you will be finished with your test. If you will be picked up in the morning, please arrange for your transportation to be ready to pick you up by 6:30AM.
- Your test results will be available approximately 2 weeks after your sleep study. Please be sure to make a follow up appointment with your referring physician to get your results.
- Cancellations must be made at least 24 hours prior to the date of your appointment.

*If you have any questions, please call the Sleep Center at (626) 397-3061. Fax: (626) 397-7168*